

The background of the slide features a collage of citrus fruit slices and green leaves. On the left side, there is a large, detailed slice of a blood orange, showing its dark red, segmented flesh and white pith. The rest of the background is filled with smaller, semi-transparent slices of various citrus fruits, including lemons and oranges, interspersed with green leaves. The overall color palette is warm and natural, dominated by the oranges, reds, and greens of the fruit.

But the Holy Spirit produces
this kind of fruit in our lives:
love, joy, peace, patience,
kindness, goodness,
faithfulness, ²³ gentleness, and
self-control. There is no law
against these things!

-Galatians 5:22-23



THE ESSENTIALS

FOLLOWING JESUS FROM THE INSIDE OUT

John Stott's Morning Prayer

Good morning Heavenly Father, Good morning Lord Jesus, Good morning Holy Spirit.

Father, I worship you as the Creator and sustainer of the universe.

Lord Jesus, I worship you as Lord and Saviour of this world.

Holy Spirit, I worship you as the sanctifier of the people of God.

Glory to the Father and the Son and the Holy Spirit.

Heavenly Father, I pray that today I might walk in your presence and please you more and more.

Lord Jesus, I pray that today I might take up my cross and follow you.

Holy Spirit, I pray that you might fill me today with your presence and cause your fruit to ripen within me: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.**

Holy, blessed and glorious Trinity; three persons in one God, have mercy on me. Amen